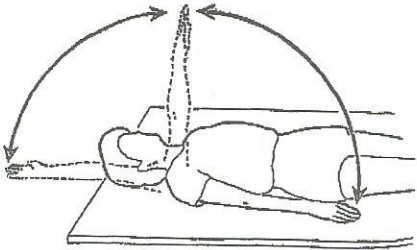


UPPER EXTREMITY EXERCISES

Do _____ sets of _____ repetitions, _____ times a day.

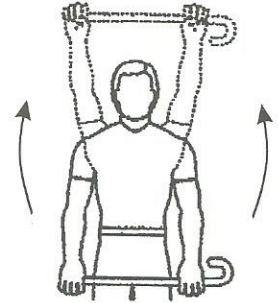
Active Shoulder Exercise



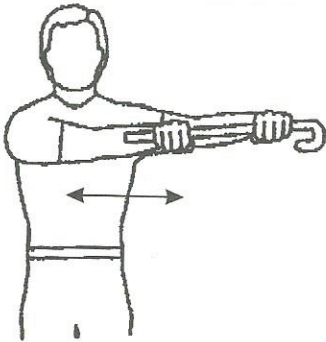
Active Shoulder Exercise



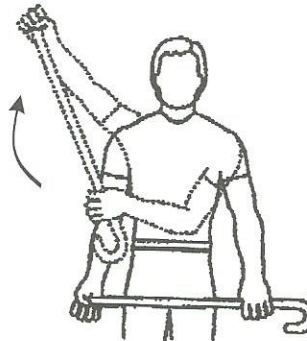
Shoulder Exercise



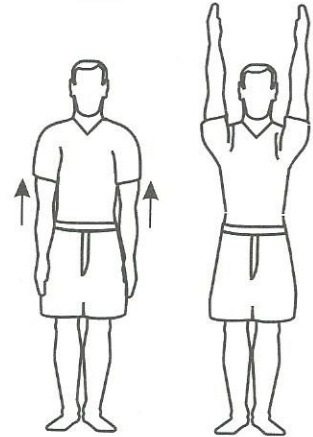
Shoulder Exercise



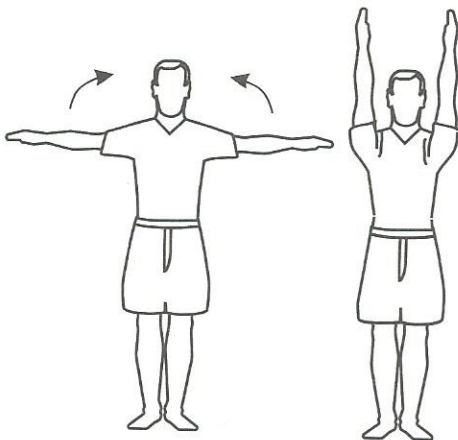
Shoulder Exercise



Arm Exercise



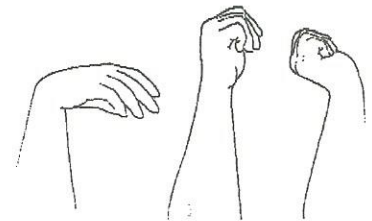
Arm Exercise



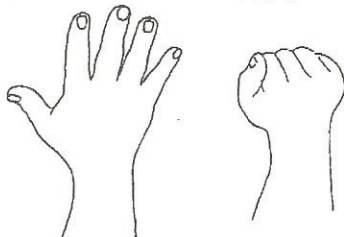
Elbow and Wrist Exercise



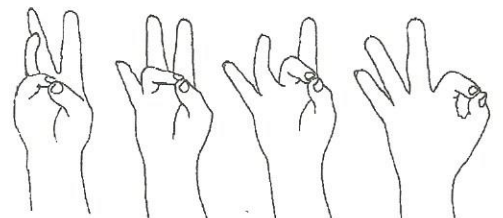
Elbow and Wrist Exercise



Hand Exercise

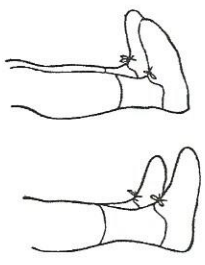


Hand Exercise

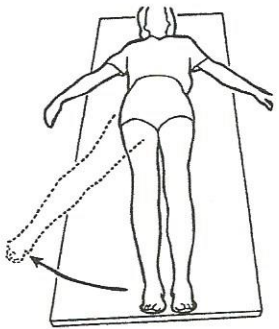


Do _____ sets of _____ repetitions, _____ times a day.

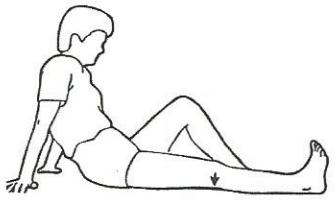
Ankle Pumps



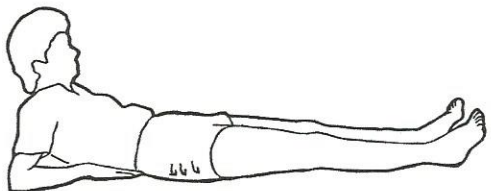
Leg Swings



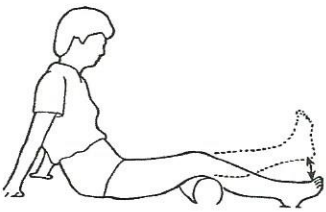
Knee Tighteners - Quad Sets



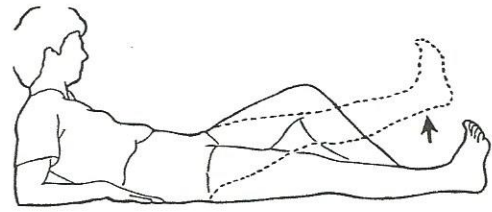
Buttock Squeeze



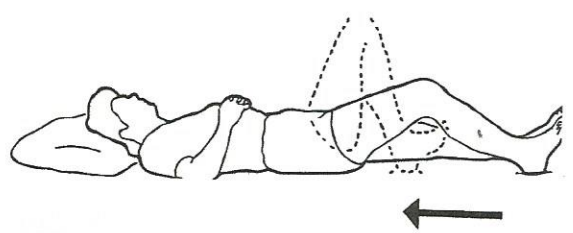
Short Arc Quad/Knee Extension



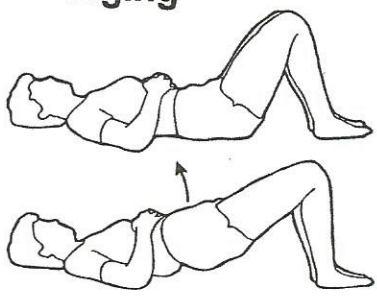
Straight Leg Raise



Heel Slides

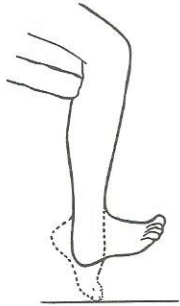


Bridging

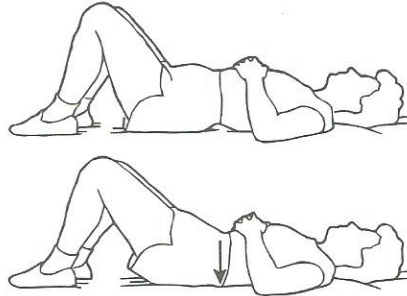


Do _____ sets of _____ repetitions, _____ times a day.

Toe Raises



Pelvic Tilts



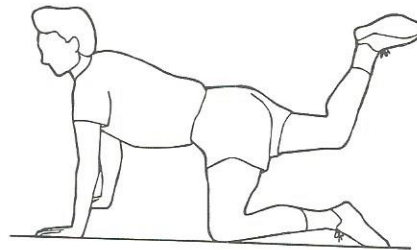
Toe Stand



Knee Lifts



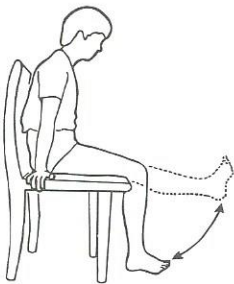
Hands and Knees - Leg Lift



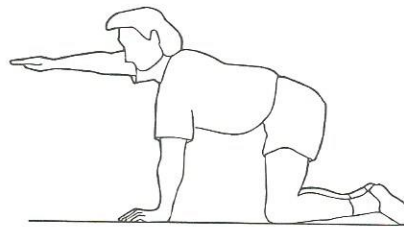
Heel Stand



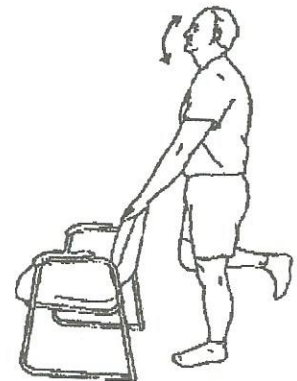
Kicks



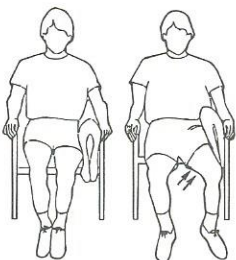
Hand and Knees - Arm Lift



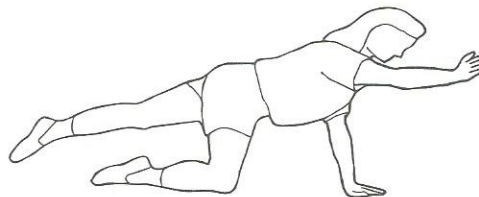
Head Tilt - Up and Down



Side Steps



Bird Dogs



Do _____ sets of _____ repetitions, _____ times a day.

_____ Weights Special Instructions: _____

